

*LOVING ALL
YOUR PARTS
MEDITATION*



HI BEAUTIFUL FRIEND

I am so excited to share this meditation with you that I use for myself, clients and friends constantly.

I have taken pieces from many different practices I've learned and then made them my own. I have learned so much from many amazing teachers, including Tara Brach, [her R.A.I.N. practice](#), and her teaching on radical compassion.

The way I like to set this up is by inviting every part of me to have a seat at my table. Not just the parts I was taught are “good” or “holy” or “acceptable.”

*EVERY SINGLE PART of me
gets to be here and have a
seat at my table.*

My table just keeps growing, and I find new parts of myself continuously.

Some parts that sit at my table: lying and stealing (I use to steal little things all the time because there was a very real part of me that believed the lack story, that there would never be enough for me). Jealousy sits at my table, cheating, using people (of course this wasn't conscious at all, but there was a very real part of me that thought that knowing and being known by certain people made me valuable, important and worthy). Does that make me a horrible human? No, just very very human. And it doesn't fit anymore. Other parts of me that sit at my table: fear, perfectionism, shame, an eating disorder, control, etc etc etc. Basically, just name it. It's probably in me on some level.



Love, joy, kindness, generosity, beauty, goodness, sensitivity, abundance, tenderness, and empathy also all sit at my table. I am filled with so much light and shadow.

But here is the thing, we have been taught that there are parts of us that don't belong, that are sinful or bad. We are taught to get rid of those parts, give them to Jesus, etc. But they don't go away, we swallow them. They move to the metaphorical basement, and they come out sideways.

They often end up sitting at the head of our table. The statement "when our responses are hysterical it's always historical" is the truest thing I know. It's a part of us that was never communed with, accepted, or loved on. Instead what usually happens is we see these parts of us and we shame ourselves for this very human, very conditioned response. Then it becomes this downward spiraling experience where we try to numb, avoid and hate that part of us. The cycle just continues and that part of us still gets to sit at the head of our table. The thing we hate drives.

Most of us were not taught how to do this work. We may have been whipped, shamed, etc for these parts of us, when all they wanted was to be felt and communed with. Here is what is so encouraging. When we learn to recognize these parts, allow them to be here, get curious with them and feel them in our bodies, commune with them, and love on them, this profound thing happens. All of sudden, those parts get to come sit in their seat next to us at the table

and LOVE gets to sit at the head at the table.

This profound alchemy happens. We get to live as our truest expressions of ourselves; this is wholeheartedness. Whole as in, EVERY PART OF YOU gets to be here and be loved on.



I can't remember the last time I cheated or stole or lied or used someone, but all of those parts live in me; they just don't have to drive anymore. This work has changed my life, new neural pathways are created by going in and loving these old conditioned parts of ourselves and these old wounds.

I tell my clients and friends all the time, you could come to me and share something that you believe no one can know, that thing you believe would get you kicked out of your friend group and make you unacceptable of love. I would look you square in the eye and say, "Oh, you beautiful human, I love that part of you. That part of you gets to be here, communed with, felt, mourned, forgiven, and loved on. I am so sorry you have carried this alone." I can only do that with your parts because I am constantly doing that with my own parts that I have shamed and hated. No one has ever ever ever healed through shame. PERIOD. We only heal through love.



This is profound work, life-changing work. You are so deserving of this self-love and tenderness, precious friend. This is already yours, you just get to remember. Let's remember together!

LISTEN TO AND DOWNLOAD YOUR MEDITATION

This meditation is 15 minutes long. I recommend finding a quiet place and a comfortable position, sitting or lying down.

Do what feels right to you.

And if it feels good, journal about what came up for you during this time.

